

ABUNDANCE

Mindset Makeover

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EMBRACE YOUR UNLIMITED POTENTIAL





Step 2:

POWER Questions

Level 1 – 3 Power Questions

A Simple Unconscious Questioning Process:

1. Where did that thought come from?

2. What if it's not true?

3. What if the opposite is true?



Step 2: **THE** Process

Level 2 – The Money Block Buster Process

Negative feelings point to limiting beliefs.

1. State the negative feeling & the situation:

I feel _____ (X)
about _____ (Y)

2. Why do I feel (X) about (Y)?

This shows you the limiting belief/block (Z)

Our **Reasons** are our **Beliefs**.



Step 2: **THE** Process

Write out the limiting belief (Z) (eg: *My business will fail*)

3. What am I afraid would happen, if I didn't feel (X)?

4. Do I really believe that? Yes / No

5. What am I afraid would happen if I didn't believe (Z)?

6. Do I really believe that? Yes / No



Step 2:

THE Process

7. What if (Z) is not true? What would that mean?

8. What could I choose to believe instead (A)?

9. What would become possible if (A) is true?

10. Where can I already see evidence of (A) being true?

11. What do I know I need to do next?